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## 32 ABSTRACT

An absorbent garment comprises a chassis and an absorbent element. The absorbent element is fixedly connected to the chassis at a first location and is detachably connected to at least one of the absorbent element and the chassis at a second location. The absorbent element comprises an absorbent material that expands from at least a first condition to a second condition. The absorbent element detaches from at least one the absorbent element or the chassis at at least a portion of the second location when the absorbent material expands to the second condition. A method for using the absorbent garment also is provided, together with a method for assembling the absorbent garment.